

Child and Adult Care Food Program

Nutrition Track Training



Handouts & Resources

- Nutrition Track Training Manual
 - Creditable Foods Guide
 - Simplified Buying Guide
 - Meal Pattern Handouts
 - ADE Specialist of the Day
 - 602-542-8700
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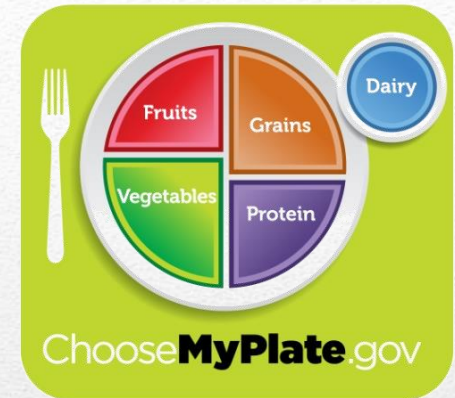
Important Websites

- ADE – CACFP Website
 - <http://www.azed.gov/health-nutrition/cacfp>
 - ADE Creditable Food & Simplified Buying Guide
 - <http://www.azed.gov/health-nutrition/cacfp/child-centers/resources>
 - ADE 5 Week Cycle Menu
 - <http://www.azed.gov/health-nutrition/cacfp/5-cycle-menu/>
 - ADE Nutrition Calculator
 - <http://www.azed.gov/health-nutrition/cacfp/child-centers/resources>
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Important Websites Cont'd

- USDA – CACFP Website
 - <http://www.fns.usda.gov/cnd/care>
 - USDA Food Buying Guide
 - <http://www.teamnutrition.usda.gov/resources/foodbuyingguide.html>
 - Feeding Infants
 - http://teamnutrition.usda.gov/Resources/feeding_infants.html
 - Food Recalls
 - <http://www.fda.gov/safety/recalls>
 - CN Labels
 - <http://www.fns.usda.gov/cnd/cnlabeling/default.htm>
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My Plate



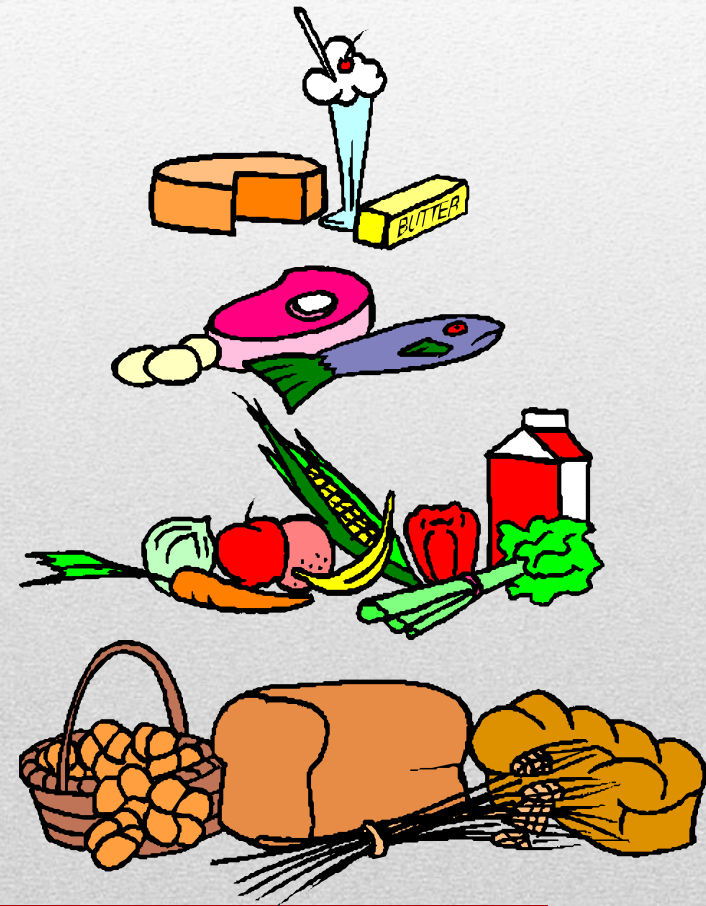
- A visual representation of the Dietary Guidelines
 - Illustrates serving sizes and portion control
- Developed as an educational tool to help Americans select healthful diets

➤ <http://www.choosemyplate.gov/>

Meal Pattern Requirements

CFR 226.20 (a), (b), & (c)

- Children
 - Ages 1-2 years
 - Ages 3-5 years
 - Ages 6-12 years
- Infants
 - Birth through 3 months
 - 4-7 months
 - 8-11 months



Meal Pattern for 1-12 year olds

Food Components	Ages 1-2	Ages 3-5	Ages 6-12
<u>Breakfast</u>			
Milk, fluid	½ cup	¾ cup	1 cup
Vegetable, fruit, or 100% juice	¼ cup	½ cup	½ cup
Grains/bread (whole grain or enriched)	½ slice	½ slice	1 slice
or cornbread, rolls, muffins, or biscuits	½ serving	½ serving	1 serving
or cold dry cereal	¼ cup or 1/3 oz	1/3 cup or ½ oz	½ cup
or cooked cereal, pasta noodle products, or cereal grains	¼ cup	¼ cup	½ cup

Meal Pattern for 1-12 year olds

Food Components	Ages 1-2	Ages 3-5	Ages 6-12
<u>Lunch or Supper</u>			
Milk, fluid	½ cup	¾ cup	1 cup
Vegetable and/or fruit, or 100% juice	¼ cup total	½ cup total	¾ cup total
Grains/bread (whole grain or enriched) or cornbread, rolls, or biscuits or cooked cereal, pasta, noodle products, or cereal grains	½ slice ½ serving ¼ cup	½ slice ½ serving ¼ cup	1 slice 1 serving ½ cup
Meat or meat alternates Lean meat, fish or poultry or cheese or cottage cheese, cheese spread, cheese food or egg or cooked dry beans or peas or yogurt (low or nonfat) or peanut butter, soy nut butter or other nut or seed butters or peanuts, soy nuts, tree nuts or seeds or an equivalent quantity of any combination of the above meat/meat alternates	1 ounce 1 ounce 2 ounces or ¼ cup 1 egg ¼ cup ½ cup 2 Tbsp ½ ounce 1 ounce	1-1/2 ounce 1-1 1/2 ounce 3 ounces or 3/8 c 1 egg 3/8 cup ¾ cup 3 Tbsp ¾ ounce 1-1 1/2 ounces	2 ounces 1-1 1/2 ounces 4 ounces or ½ cup 1 egg ½ cup 1 cup 4 Tbsp 1 ounce 2 ounces

Meal Pattern for 1-12 year olds

Food Components	Ages 1-2	Ages 3-5	Ages 6-12
<u>Snack (select 2 of the 4 components)</u>			
Milk, fluid	½ cup	½ cup	1 cup
Vegetable, fruit or 100% juice	½ cup	½ cup	¾ cup
Grains/breads (whole grain or enriched)			
Bread	½ slice	½ slice	1 slice
or cornbread, rolls, muffins, or biscuits	½ serving	½ serving	1 serving
or cold dry cereal	¼ cup or 1/3 oz	1/3 cup or ½ oz	¾ cup or 1 oz
or cooked cereal, pasta, noodle products, or cereal grains	¼ cup	¼ cup	½ cup
Meat or meat alternates			
Lean meat, fish or poultry	½ ounce	½ ounce	1 ounce
or cheese	½ ounce	½ ounce	1 ounce
or egg or yogurt	½ egg or ¼ cup	½ egg or ¼ cup	1 egg or ½ cup
or cooked dry beans or peas	1/8 cup	1/8 cup	¼ cup
or peanut butter, soy nut butter or other nut or seed butters	1 tablespoon	1 tablespoon	2 tablespoons
or peanuts, soy nuts, tree nuts or seeds	½ ounce	½ ounce	1 ounce
or an equivalent quantity of any combination of the above meat/meat alternates	½ ounce	½ ounce	1 ounce

Meal Pattern for 1-12 year olds

7 CFR 226.20 (a)(2)(ii)

- In the same meal service, dried beans or dried peas may be used as a meat alternate **or** as a vegetable. Such use does not satisfy the requirement for both components
- No more than 50% of the requirement shall be met with nuts or seeds. Nuts or seeds shall be combined with another meat/meat alternate to fulfill the requirement
 - This includes peanut butter
- If raisins are served, another fruit/vegetable must be served with them
- Juice may not be served at snack when milk is served as the other component
- Lettuce may not be served by itself as a component. Another fruit or vegetable must accompany it

Milk

7 CFR 226.20



The milk component must be pasteurized and:

- 12 months - 23 months – Whole Milk
- 24 months and older – 1% or Skim
 - Chocolate/strawberry milk is a high-sugar item



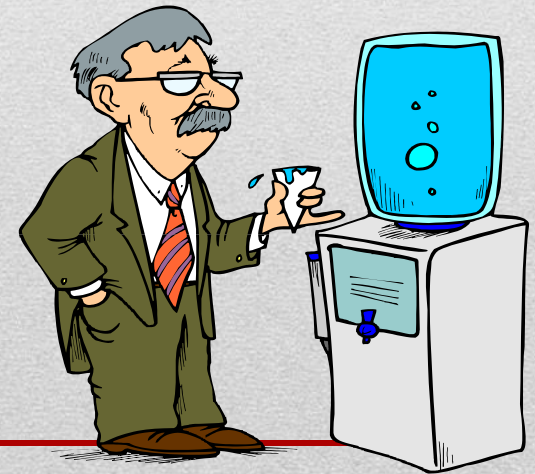
Milk must be served at breakfast, lunch & supper



Water

Children get busy playing and forget to drink water

- Water must be made available throughout the day
- Offer during snacks instead of milk or juice



Creditable Foods

- Foods that may be counted toward meeting the requirements for a reimbursable meal
 - Based on:
 - Nutrient content
 - Customary function in a meal
 - Regulations governing the Child Nutrition Programs
 - FDA Standards of Identity
 - USDA Standard for Meat and Meat Products
 - Administrative policy decisions on the crediting of particular foods
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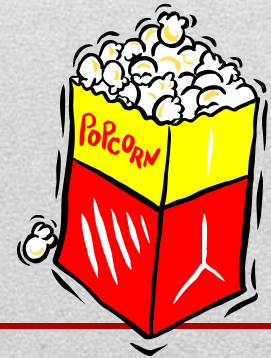
Creditable Foods Guide

Key Page Numbers

- Creditable Food Guide
 - **Page 19**-Creditable Hot Dogs
 - **Page 31**-Serving sizes for grains/breads
 - **Page 35**-Recommended cereals
 - **Page 41**-Combination foods
 - **Page 47**-Creditable food for infants
 - **Page 54**-Menu planning
 - **Page 76**-Menu ideas
 - **Page 90**-Conversion Chart, also on page 4 of the Simplified Buying Guide
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Non-Creditable Foods

- Foods that **cannot** be counted toward the meal pattern requirements.
 - May be served as “extras”
- Common non-creditable foods:
 - Bacon
 - Jell-O
 - Potato chips
 - Fruit roll-ups
 - Beef jerky
 - Popcorn



ADE Creditable Foods & Simplified Buying Guide

- Lists creditable & non-creditable foods
 - Answers common questions
 - Assists with meal planning and production worksheets
 - Specifies portion requirements
 - USDA Food Buying Guide
 - <http://www.teamnutrition.usda.gov/resources/foodbuyingguide.html>
-

Creditable Hot Dogs

- Hot dogs
 - Hot dog brand **must** be listed as creditable in the Creditable Foods Guide
 - Look for 100% meat on label



Creditable Cheeses

- Refer to Creditable Foods Guide
- Natural or processed
- Canned cheese sauces – CN label required
- NOT CREDITABLE –

Kraft Singles and Velveeta

- Label changed from “Pasteurized Processed Cheese Food” to “Pasteurized Prepared Cheese Product”
 - “Cheese Product” is not creditable
-

Portion Awareness

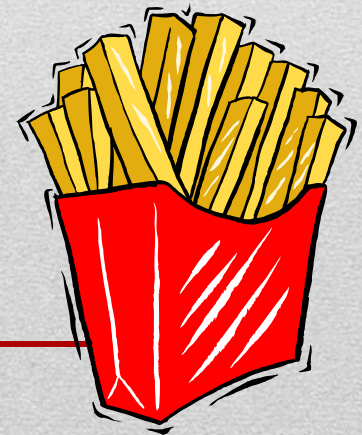
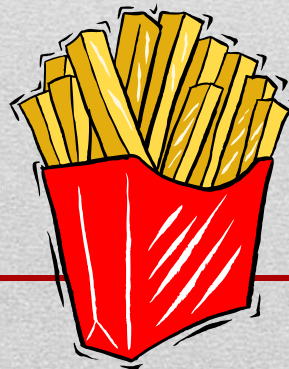
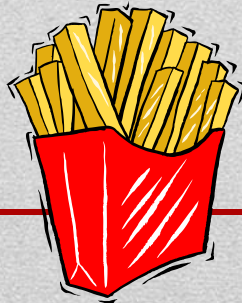
- Studies show that the more food put in front of people, the more they eat
- Use measuring cups when serving meals
 - Children learn portion control
 - Children may have seconds hungry



Serving Sizes

What is normal?

- Baked Potato
- Chicken, Beef, Fish
- Muffin
- Peas
- Strawberries
- Cereal
- Peanut butter
- Cup sizes
- Tsp/Tbsp



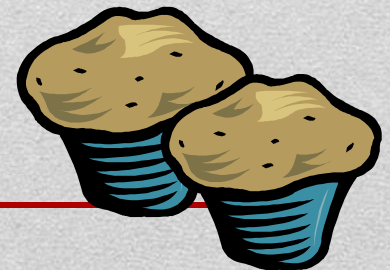
Whole Grains

7 CFR 226.20 (a)

- Grain and bread items must be enriched or whole grain
 - CACFP recommends that whole grain products are served at least once a day, but would like to see all whole grain items.
 - Whole grain
 - First word on ingredient label is “whole”
 - Contains more fiber, antioxidants (Vitamin E), iron, magnesium, zinc, and B vitamins
-

High Sugar/High Fat Items

- No more than two high-sugar items per week
 - Per menu, not per meal
 - Can be served only during breakfast and snack
- No more than two high-fat items per week
 - Per menu, not per meal
 - Limit does not include high-quality items such as cheese and peanut butter



High-Sugar Items

Greater than 35% total sugar by weight



- Cookies
 - Brownies
 - Toaster Pastries
 - Donuts
 - Cake/Cupcakes
 - Pop Tarts
 - Granola Bars
 - Cinnamon Rolls
 - Gelatin/Jell-O
 - Rice Krispy Treats
 - Cereal Bars
 - High Sugar Breakfast Cereals
 - Quick Breads
 - Muffins
 - Vanilla Wafers
 - Custard/Pudding
 - Iced Animal Crackers
 - Syrup
 - Jam/Jelly
 - Honey
 - Danish
 - Flavored Milk
 - Added Sugar to Breakfast Cereals
-

Low Quality - High Fat Items

Greater than 35% of total calories from fat

- Corn Dogs
 - Hot Dogs
 - Bologna
 - Sausage/Bacon
 - Salami/Pepperoni
 - Tater Tots
 - French Fries
 - All fried foods not limited to:
fried chicken, taquitos,
chimichangas, hard
shell/crunch tacos, fry bread
 - Chicken
Nuggets/Patties/Shapes
 - Fish Sticks/Nuggets/Shapes
 - Hot Pockets
 - Top Ramen/Ramen Noodles
 - Tortilla Chips/Potato Chips
 - Croissants
 - Margarine/Butter
 - Full-fat Cream Cheese, Sour
Cream, Mayonnaise, Tarter
Sauce, Dressing, and Dipping
Sauces
-

Full Fat Condiments or Dipping Sauces

- When using condiments or dipping sauces to accompany a food component, it must be 35% or less total calories from fat to not be considered a high fat item
 - Many “low-fat” products are greater than 35%
 - Use online nutrition calculator to determine whether or not it is not a “high fat” item
 - May need to use “fat-free”
-

Menu Resources

- High sugar/fat list
 - Online Nutrition Calculator
 - www.azed.gov/health-nutrition/cacfp/child-centers/resources
 - The nutrition calculator is designed to help sponsors calculate if the amount of sugar or fat in a meal is within CACFP guidelines
-

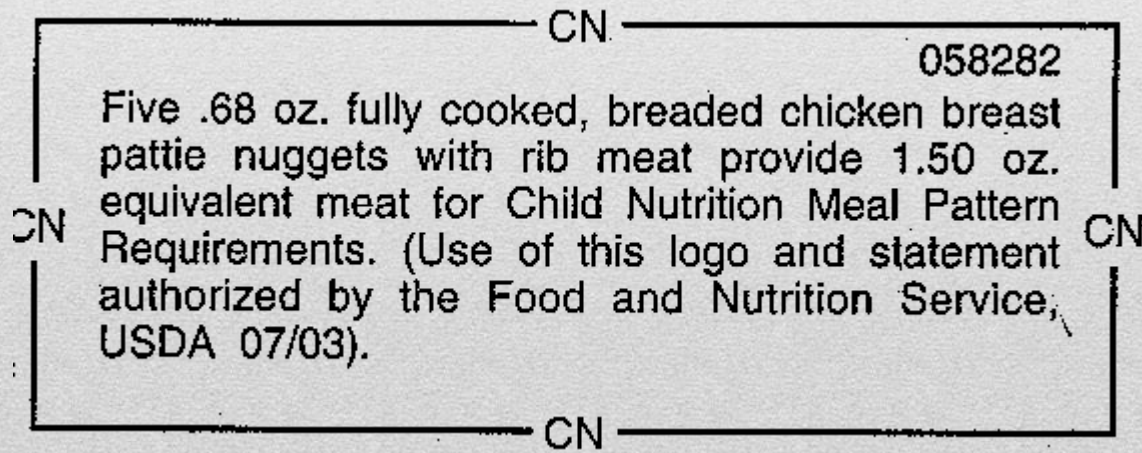
CN Labels - (Child Nutrition Labels)

7 CFR 226.6 (Appendix C)

- Voluntary label administered by USDA's Food and Nutrition Service
- Identifies the contribution the product makes toward the meal pattern requirements
- Not usually found in grocery stores, but found where food products are purchased in bulk
- ADE will verify that product bought and served matches CN label on file

CN Labels

- CN labels will always contain:
 - CN logo (a distinct border)
 - Meal pattern contribution statement
 - 6 digit product identification number
 - USDA/FNS authorization statement
 - Month and year of approval



CN Labels

- Required for all processed or convenience foods
 - ADE recommends that frozen and processed entrées be served no more than once per week
- Found on meat, poultry, seafood, meat alternate, and juice products (not all inclusive)
 - Chicken patties/nuggets
 - Cheese/meat pizzas
 - Beef/cheese/bean burritos
 - Egg rolls
 - Fish sticks
 - Corn dogs/nuggets
 - Meatballs
 - Raviolis
 - Macaroni & Cheese or Lasagna that is not homemade

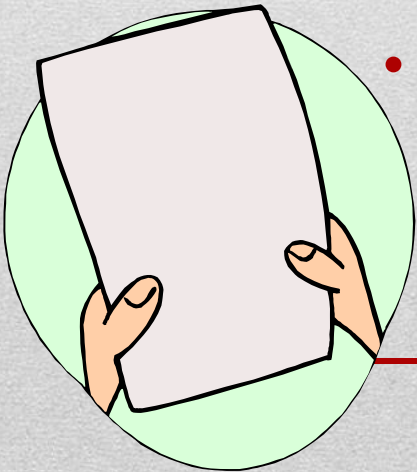
CN Labels

<http://www.fns.usda.gov/cnd/cnlabeling/default.htm>

Dietary Modifications

7 CFR 226.20 (h)

- USDA regulations require special meals be provided to a **disabled** child whose condition requires special medical foods, food substitutions, or textural modifications
- Documentation regarding child's disability and modifications required must be provided by a **licensed physician** and maintained in files on site



Medical Statement



- A medical statement is required for all dietary modifications
 - The statement must be kept on file for review
- The medical statement must include:
 - An identification of the medical or other special dietary condition which restricts the child's diet
 - The food or foods to be omitted from the child's diet
 - The food or choice of foods to be substituted
- The USDA manual "Accommodating Children with Special Dietary Needs in the School Nutrition Programs" available at:
[http://www.fns.usda.gov/cnd/Guidance/special dietary_needs.pdf](http://www.fns.usda.gov/cnd/Guidance/special_dietary_needs.pdf)

Food Intolerance

- A food intolerance is an adverse food-induced reaction that does not involve the body's immune system but results in a participant not being able to consume a food item because of medical or other special dietary needs
 - Example: Lactose intolerance



Milk Substitutions

- Children who cannot consume fluid milk due to special dietary needs (e.g. lactose intolerant), other than a disability, may be served non-dairy beverages in lieu of fluid milk.
 - Parents or guardians must request, in writing, non-dairy milk substitutions
 - No medical statement necessary
 - The non-dairy beverage must be nutritionally equivalent to milk 7 CFR 210.10 (m)(3)
-

Milk Substitutions

The following meet CACFP requirements:

- **8th Continent Soymilk (original, vanilla & light chocolate)**
 - **Pacific Natural Ultra Soy Milk (plain & vanilla)**
 - **Kikkomon Pearl Organic Soymilk (creamy vanilla & chocolate)**
 - **Great Value Original Soy Milk**
 - **Kirkland Plain Soy Milk**
-

Variations in Meal Pattern for Religious Reasons

- ADE may approve variations in meal patterns to meet religious needs. If a center wants to serve meals that vary from USDA Meal Patterns, you must submit an alternate meal pattern with justification for approval.

Menu Planning



- Consider color

😊 **Chicken breast, broccoli, rice, strawberries, milk**

INSTEAD OF

😞 **Fish, cauliflower, rice, applesauce, milk**

- Another best practice:

Do not offer 2 beverages at a meal

Breakfast example:

😞 Oatmeal, 100% orange juice, milk

😊 Oatmeal, orange slices, milk

Menu Planning

- Consider variety
 - Cycle menus must be at least a four-week cycle menu
 - Entrees cannot repeat in a four-week cycle
 - ADE 5-Week Cycle Menu

<http://www.azed.gov/healthnutrition/cacfp/5-cycle-menu/>

Menu Planning

- It is recommended that crackers be limited to once per week
 - Alternatives to crackers are: Pita bread, tortillas, English muffin, bagel, bread stick
 - It is recommended that one fruit and one vegetable be served at lunch and supper
 - It is recommended that fresh fruit be served at least five times per week
 - It is recommended that five different vegetables be served each week, at least three of which are fresh
-

Homemade Items

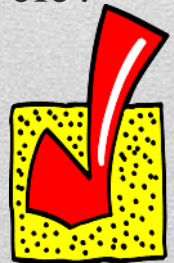
- Homemade items are those that are physically made from a recipe
 - Keep recipe on file for ADE's review
 - Homemade items are not convenience foods that require an additional step such as heating or cooking
 - Homemade items must be identified on menus
-

Required Menu Disclaimers

- Must include Civil Rights non-discrimination statement
 - “This institution is an equal opportunity provider.”
- Must include 100% juice disclaimer
 - “All juices served are 100% juice.”
 - ADE recommends that juice be served only twice per week
 - Best practice to serve juice at snack time only
- Must include milk disclaimer
 - “Whole milk will be served to children 12-23 months. Children 24 months and older will be served 1 % or fat-free milk.”
 - May want to include “Water is available upon request.”
- Anytime a fruit cocktail, mixed veggies, fruit salad, etc. is listed, you must identify the main ingredients in that item
 - Fruit Cocktail = pears, peaches, cherries, and pineapple.

Menu Checklist

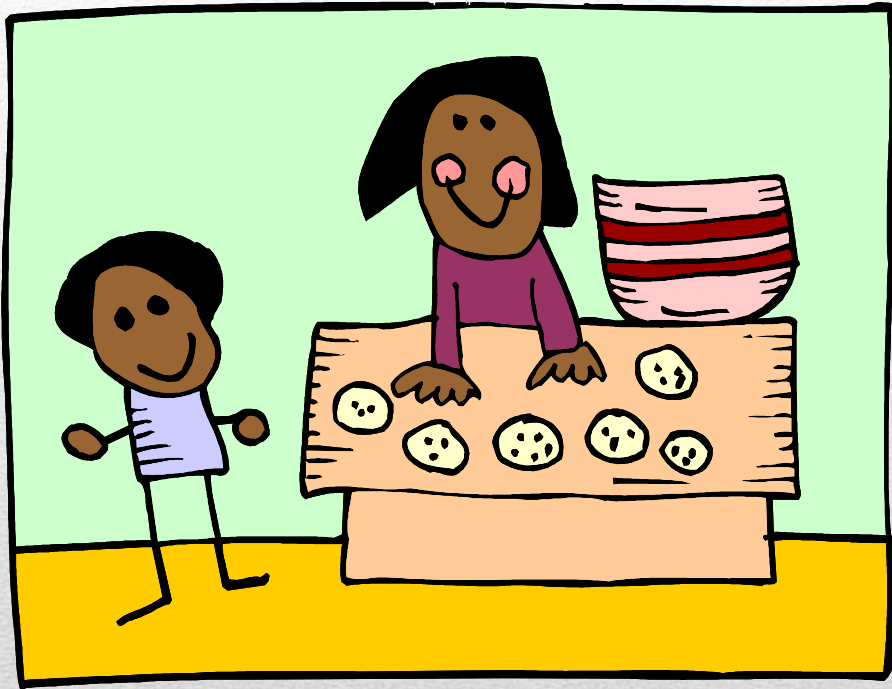
- Are the required meal pattern components met?
- Do menus list all meal components?
 - “Taco casserole” is NOT specific.
- Do meals offer a variety of textures? colors? nutrients?
- Are high-sugar items limited to no more than twice per week?
Served only at breakfast and snack?
- Are high-fat items limited to no more than twice per week?
- Are CN labels available for all processed or convenience foods?
- Are recipes on file for homemade items?
- Is juice served no more than twice per week?
- Is the same entrée served more than once in a four week cycle?
- Are new foods introduced?
- Menus must be posted in public view



Menu Review

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Cereal Bananas Milk	Oatmeal Raisins Milk	Bagel w/ Jelly Strawberries Milk	Pancakes Scrambled eggs Milk	Whole Wheat English muffin Orange Juice Milk
AM Snack	Cheese-Its 100% Apple Juice	Carrot Muffins Orange Juice	Bananas Peanut Butter	Chocolate Chip Cookies Milk	Carrot Sticks Cucumbers Cream Cheese
Lunch	PBJ Sandwich Green beans Fruit cocktail Milk	Mac & Cheese Corn Pears Milk	Chicken Nuggets French Fries Grapes Milk	Taco Lettuce Tomato Plums Milk	Spaghetti Meat sauce Broccoli Peaches Milk

All juices served are 100% full strength fruit juices.
This institution is an equal opportunity provider and employer.



Meal Service Requirements

Meal Service Requirements

- Meal must be served during approved times
 - Meal contains all required food components
 - All components must be served together
 - Correct portion sizes
 - Children must be given 15 minutes to consume the meal to claim the meal
 - Children and staff must wash hands before eating
 - Meal counts recorded while children are eating
 - Meal ratio does not exceed one staff to five participants
 - Family style meal service is an option
-

Claimable Meals/Snacks

7 CFR 226.17 (b)(3)

Per participant, per day:

- 2 meals & 1 snack

OR

- 2 snacks & 1 meal

OR

- 3 snacks

*Exception:

Emergency Shelters

- 3 meals per participant, per day



At-Risk After School Snacks/Meal

7 CFR 226.17a

- Eligibility based solely on area eligibility (F/R 50% or more) and educational/enrichment activities
 - Limited to 1 snack and 1 meal per child per day
 - Meals served after school hours unless on break
 - All snacks/meals reimbursed at free rate
 - Claimed only during school session
 - Includes intercessions, weekends, & holidays
 - Cannot claim during summer breaks
 - If exclusively At-Risk After School Snacks...
 - Meal counts taken by attendance rather than point of service
-

Claimable Duration of Food Service

7 CFR 226.20 (k)

Meal Type	Customary Meal Times	Claimable Duration of Food Service
Breakfast	6am - 9am	1 ½ hours
AM Snack	Between Breakfast & Lunch	1 hour
Lunch	11am - 1pm	2 hours
PM Snack	Between Lunch & Supper	1 hour
Supper	5pm - 7pm	2 hours
Night Snack	After 7pm	1 hour

Allowable Meal Times

7 CFR 226.20 (k)

Must be a two hour minimum between the beginning of each meal. Examples:

Meal Type	Meal Times Example I	Meal Times Example II	Meal Times Example III
Breakfast	7-8:30am	8-9am	6-7:30am
AM Snack	9-10am	10-10:30am	9-9:30am
Lunch	11am-1pm	12-1pm	11am-12pm
PM Snack	2-3pm	2-2:30pm	1:30-2:30pm
Supper	5-7pm	5-6:30pm	5-6pm

Infants



Infant Feeding Requirements

- Child care centers must offer program meals to ALL eligible children, including infants
- The CACFP does not discriminate in any aspect of the delivery of program benefits. This includes the “inequitable allocation of Program (CACFP) benefits or services to eligible children on the basis of race, color, national origin, sex, **age** or handicap [disability].”

- (FNS Instruction 113-4 XII A 2)

Meal Pattern for Infants 7 CFR 226.2 (b)

	Birth - 3 months	4 - 7 months	8 - 11 months
Breakfast	<ul style="list-style-type: none"> ● 4-6 fluid ounces breast milk or iron-fortified infant formula 	<ul style="list-style-type: none"> ● 4-8 fluid ounces breast milk or iron-fortified infant formula ● 0-3 tablespoons infant cereal (optional) 	<ul style="list-style-type: none"> ● 6-8 fluid ounces breast milk or iron-fortified infant formula ● 2-4 tablespoons Iron-fortified infant cereal ● 1-4 tablespoons fruit and/or vegetable
Lunch or Supper	<ul style="list-style-type: none"> ● 4-6 fluid ounces breast milk or iron-fortified infant formula 	<ul style="list-style-type: none"> ● 4-8 fluid ounces breast milk or iron-fortified infant formula ● 0-3 tablespoons infant cereal (optional) ● 0-3 tablespoons fruit and/or vegetable (optional) 	<ul style="list-style-type: none"> ● 6-8 fluid ounces breast milk or iron-fortified infant formula ● 2-4 tablespoons infant cereal and/or 1-4 tablespoons meat, fish, poultry, egg yolk, cooked dry beans, or dry peas, or ½-2 ounces cheese or 1-4 ounces cottage cheese, cheese food, or cheese spread ● 1-4 tablespoons fruit and/or vegetable
Supplement	<ul style="list-style-type: none"> ● 4-6 fluid ounces breast milk or iron-fortified infant formula 	<ul style="list-style-type: none"> ● 4-8 fluid ounces breast milk or iron-fortified infant formula ● 0-3 tablespoons infant cereal (optional) 	<ul style="list-style-type: none"> ● 2-4 fluid ounces breast milk, iron-fortified infant formula, or full strength 100% fruit juice ● 0-1/2 slice bread or 0-2 crackers (optional)

Meal Pattern for Infants



- 0-3 T means the component is optional
 - Portion size not listing zero as a measurement indicates that component **must** be offered
 - **Formula and Infant cereal** must be iron-fortified
 - Label must state “with iron” or “iron-fortified”
 - Cereal must be infant cereal, not breakfast cereal or other grains.
-

Infant Feeding Records

- Infants are fed on demand
 - Daily Meal Production Record for Infants
 - Check food items served
 - Specify food items where applicable
 - Add up meals to be claimed and transfer to Daily Meal Count Sheet
-

Daily Meal Production Record for Infants

Date: _____

Completed by: _____

INSTRUCTIONS:

- Record the names of the infant(s) being served the meal
- Use a (✓) where indicated
- Record the specific kind of fruit/vegetable or meat served
- Indicate by circling specific meals/snacks that will be claimed for reimbursement
- All formula and infant cereal served must be iron fortified
- Record infant totals each day
- IFC = Infant Cereal
- Adopted from New Mexico CACFP form

NAMES 0-3 months	<u>Breakfast</u>	<u>AM</u>	<u>Lunch</u>	<u>PM</u>	<u>Supper</u>
	Formula or Breast Milk 4-6 oz (✓)	Formula or Breast Milk 4-6 oz (✓)	Formula or Breast Milk 4-6 oz (✓)	Formula or Breast Milk 4-6 oz (✓)	Formula or Breast Milk 4-6 oz (✓)
Sarah H.	✓	✓	✓		
John B.	✓		✓	✓	

NAMES 4-7 months	<u>Breakfast</u>		<u>AM</u>	<u>Lunch</u>			<u>PM</u>	<u>Supper</u>		
	Formula or Breast Milk 4-8 oz (✓)	IFC 0-3 T (✓)	Formula or Breast Milk 4-6 oz (✓)	Formula or Breast Milk 4-8 oz (✓)	Veg./Fruit 0-3 T Specify	IFC 0-3 T (✓)	Formula or Breast Milk 4-6 oz (✓)	Formula or Breast Milk 4-8 oz (✓)	Veg./Fruit 0-3 T Specify	IFC 0-3 T (✓)
Jason L.	✓		✓	✓						
Adam S.	✓	✓	✓	✓	Green beans	✓				

NAMES 8-11 months	<u>Breakfast</u>			<u>AM</u>		<u>Lunch</u>			<u>PM</u>		<u>Supper</u>		
	Formula or Breast Milk 6-8 oz (✓)	IFC 2-4 T (✓)	Veg/Fr 1-4 T Specify	Formula , Breast Milk, fruit juice 2-4 oz (✓)	0-1/2 slice bread or 0-2 crackers (✓)	Formula or Breast Milk 6-8 oz (✓)	Veg./Fruit 1-4 T Specify	IFC 2-4 T OR Meat/Alt 1-4 T ½ - 2 oz. Specify	Formula , Breast Milk, fruit juice 2-4 oz (✓)	0-1/2 slice bread or 0-2 crackers (✓)	Formula or Breast Milk 6-8 oz (✓)	Veg./Fruit 1-4 T Specify	IFC 2-4 T OR Meat/Alt 1-4 T ½ - 2 oz. Specify
David T.				✓	✓	✓	Carrots	IFC	✓	✓			
Mark C.	✓	✓	Peaches	✓		✓	Peas	Chicken					

Daily Infant Totals: Breakfast: 5 AM: 5 Lunch: 6 PM: 2 Supper: 0

Claiming Requirements

- Centers must purchase and offer all required meal components
 - CFR 226.20(b)(2) - States formula and breast milk provided by the parent contribute to a reimbursable meal when the center provides at least one component.
 - If the mother comes into the center to breastfeed her child, the meal is not reimbursable, unless she is a staff member
 - Meals are NOT reimbursable if parent/guardian provides all components for 8-11 month infants
 - The center must provide at least one component
-

Infant Feeding Preference Form

CACFP INFANT FEEDING PREFERENCE – CENTERS

- Parent/Guardian may decline offered infant formula in writing
 - Must be completed for all infants in care

Name of infant _____ Date of Birth _____

_____ will feed your infant breastmilk provided by you
and/or we _____

(name of provider)
will provide iron fortified infant formula.

The formula we provide is: _____

This center/home/ministry participates in the Child and Adult Care Food Program (CACFP) and receives USDA reimbursement for serving nutritious meals to infants and children. Participation in this program requires caregivers to follow specific meal patterns according to the age of the child being fed.

Policy requires a center/home/ministry participating in the CACFP to offer formula to infants who are in care during meal service times. Parents/guardians, however, may decline what is offered, and supply the infants formula.

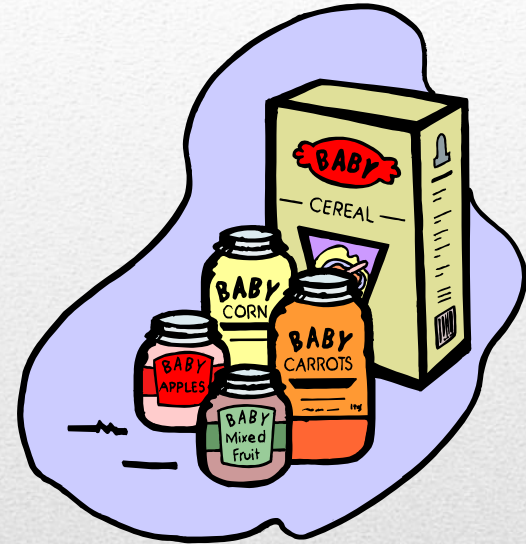
Please mark your preference (chase all that apply)	Today's Date	Today's Date	Today's Date
	Birth – 3 months	4 – 7 months	8 – 11 months
I will bring expressed breastmilk for my infant.			
I will come to the center to breastfeed my infant.			
I want the center to provide formula for my infant.			
I will bring formula for my infant. Please list kind of formula you will bring: _____			

In order to claim meals for reimbursement, the center must provide infant cereal and other foods when your baby is developmentally ready for them.

Please mark your preference	Today's Date	Today's Date
	4 – 7 months	8 – 11 months
I want the center to provide infant cereal and other foods for my infant based on CACFP guidelines.		
I will bring solid foods for my infant when he/she is ready for it.		

Commercially-Prepared Vegetables/Fruits

- Creditable:
 - Must list vegetable/fruit as first ingredient
- Non-creditable:
 - Listed on page 47 of the Creditable Foods Guide
 - Example: Yogurt, honey, nuts, seeds, meat sticks, commercially prepared combination dinners.



FAQs

Q: Are meals served to a child who just turned one year old reimbursable if they contain infant formula?

A: Yes, for a period of one month. After the 13th month, a doctor's statement will be needed for formula to continue in place of fluid milk.

FAQs

Q: If a physician prescribes whole cow's milk as a substitute for breast milk or formula for an infant under 12 months of age, are meals reimbursable?

A: **Yes, with a doctor's statement, the meal pattern can be adjusted.**

FAQ's

Q: If a mom brings in the formula and all of the baby food for a child 8-11 months old, can that meal still be claimed?

A: No, the center must supply at least one required component to claim that meal.

Production Worksheets

- Allow center staff to plan a menu, calculate the number of servings needed for each food item, and compile a shopping list
- Must be completed for every meal/snack claimed for reimbursement
 - Should be done two weeks in advance
- Not required for infant meals
- Transition to online system for calculations for FY14
- **National Food Safety Management Institute**
- <http://fbg.nfsmi.org/>



Food Buying Guide

Calculator for Child Nutrition Programs



*** The Food Buying Guide is being updated to include resources for the new Nutrition Standards for School Meals.

Choose a **Food group** by clicking on an image below, or enter a keyword or food item in the **Search** field to the right, then click **Go**. Avoid the use of punctuation.



[View Shopping List](#)

[Search](#)

[Go](#)

[View Food Buying Guide](#)

[Select Food Group](#)

-- Select A Food Group --

[Self Tutorial](#)

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Food Buying Guide (Sample)

http://fbg.nfsmi.org/Calculator.aspx?foodItemIndex=1486&group=3

File Edit View Favorites Tools Help

Google http://fbg.nfsmi.org/

Yavapai County Emergen... YES Time Sheet Google Common Logon msnbc ADE Website CFR SFSP CFR SummerFood Child and Adult Care Foo...

Food Buying Guide

Calculator for Child Nutrition Programs

Select the planned **Serving Size** from the drop down list. Enter the planned **Number of Servings**. Click on **Add to List**

[Search Guide Again](#)



Fruits

Item Description (AP)	Purchase Unit	Serving Description (EP)	Notes	Serving Unit
Applesauce, canned, smooth or chunky includes USDA Foods	No. 10 can (108 oz)	applesauce		cup

[Serving Size](#)

1/4 cup

[Number of Servings](#)

93

[Add to List](#)

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If you are a person with a disability and you are having difficulty accessing the information on this site, please contact the NFSMI Webmaster at 800-321-3054 or E-mail at nfsmi@olemiss.edu.

Food Buying Guid... Inbox - Tracey.Nis... Handouts AGENDA - Micros... Production Works... Slides - Microsoft ... 1:22 PM 7/18/2013

Food Buying Guide (Sample)

The screenshot shows a web browser window displaying the "Food Buying Guide Calculator for Child Nutrition Programs" website. The browser's address bar shows the URL: <http://fbg.nfsmi.org/ShoppingList.aspx?item=1486&units=2&servings=93&title=6d4e2984-a202-4571-b1ec-ad6a4ed11330&lis>. The website has a blue header with the title "Food Buying Guide" in large orange letters, followed by "Calculator for Child Nutrition Programs" in blue. There are two logos on the right: "TEAM NUTRITION" and "NFSMI National Food Service Management Institute The University of Mississippi". Below the header is a navigation bar with buttons: "Home", "Add More Items", "Print List", and "Email List".

NOTE: The Food Buying Guide Calculator rounds up to the nearest whole Purchase Unit or next 1/4 pound.

If you need to add more food items, select **Add More Items**. To edit a food item on your Shopping List, click **Edit** to the right of the food item entry. To remove a food item on your Shopping List, click **Remove** to the right of the food item.

If you are finished, select **Print List** or **Email List**

Print or Email your shopping list before exiting the Calculator or your browser! It will not be saved.

Shopping List

Item	Servings	Size	Food Item (AP)	Serving Description (EP)	Exact Qty	Purchase Qty	Purchase Unit	Select
1	93	1/4 cup	Applesauce, canned, smooth or chunky includes USDA Foods	applesauce	1.95	2.00	No. 10 can (108 oz)	Remove Edit

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If you are a person with a disability and you are having difficulty accessing the information on this site, please contact the NFSMI Webmaster at 800-321-3054 or E-mail at nfsmi@olemiss.edu.

The taskbar at the bottom shows several open applications: "Food Buying Guid...", "Inbox - Tracy.Nis...", "Handouts", "AGENDA - Micros...", "Production Works...", and "Slides - Microsoft ...". The system clock shows 1:25 PM on 7/18/2013.

Renewal Training							
Item #	Servings	Size	Food Item(AP)	Serving Desc(EP)	Exact Qty	Purchase Qty	Purchase Unit
1	100	2 oz	Beef, ground, fresh or frozen, no more than 20% fat, includes USDA Foods, (like IMPS 136)	cooked drained lean meat	16.89	17.00	lb
2	100	1/2 cup	Pasta, (group H), elbow macaroni, regular, dry	dry pasta (uncooked)	14.29	14.50	lb
3	100	3/4 cup	Milk, fluid, skim or nonfat milk, lowfat milk, reduced fat milk, whole milk, lactose-reduced milk, lactose-free milk, buttermilk, acidified milk, (unflavored or flavored)	fluid milk	4.69	5.00	gallon
4	100	1/4 cup	Carrots, frozen, Baby	cooked drained carrots	9.17	9.25	lb
5	100	1/4 cup	Watermelon, fresh, whole	raw watermelon	0.59	0.75	melon (about 27 lb)
6	100	1/4 cup	Tomato Products, canned, spaghetti sauce, meatless, USDA Foods	ready-to-cook or serve sauce	2.09	3.00	No. 10 can (106 oz)

Production Worksheets

- **Step 1-** Plan menu to meet the meal pattern
 - **Step 2-** Determine number of children/adults (including staff) who will be eating the meal
 - **Step 3-** log into <http://fbg/nfsmi/org>
 - **Step 4-**Select a menu item from the appropriate food group, enter the serving size for the appropriate age and the number of servings required. (Select add to list and it automatically calculates)
 - If multiple age groups are to be planned per category you **must** adjust the serving size by each age group to ensure proper amounts of items are being purchased.
 - Once all menu items have been added – print list – it is now your completed production record AND your shopping list.
-

Lunch

Menu

- Ground Beef (less than 10% fat)
- Peas, Sugar Snap, Frozen, Whole
- Strawberries, Fresh, Whole
- Bun
- Milk

Age Groups

- 1 year olds: 10
 - 2 year olds: 5
 - 3 through 5: 75
 - 6 to Adult: 6
-

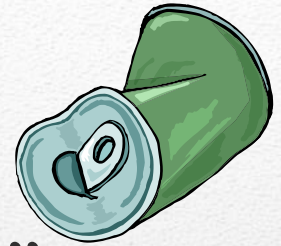
Food Safety & Sanitation

7 CFR 226.20 (I)



- Best Practice : Document all food temperatures
 - Use thermometers to check food temperatures during hot and cold holding
 - Clean and sanitize the thermometer between uses
 - Record the time and temperatures on the Food Temperature Log
 - The 2005 FDA Food Code requires that:
 - Cold food must be kept at or below 40°F until served
 - Hot food must be kept at or above 140°F until served
 - **Thermometers must be in both the refrigerator and freezer**
 - All stored foods must be sealed, labeled, and dated
-

Food Safety & Sanitation

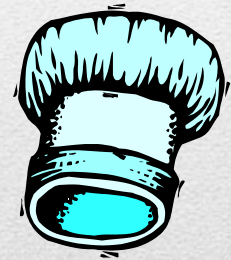


- Canned fruits and vegetables with “bubbles” on top are fermented and should be discarded
- Dented or bulging cans may contain botulism
- Prevent cross-contamination
- FDA Recalls for the last 60 days may be reviewed at:
<http://www.fda.gov/safety/recalls/default.htm>



Required Food Safety Certifications

- Each county in Arizona sets its own requirements for food safety certifications. Ensure your center is in compliance
- Food Safety Manager
- Food Handlers Card
 - **ADE requires all staff handling food to have a Food Handler's Card, regardless of the counties requirement**
 - Certified food safety managers do not need a separate food handlers card



Hand Washing



Staff and children **MUST** follow hand washing guidelines:

- Use sink designated only for hand washing
 - Use soap and warm (100 °F) running water
 - Lather hands with soap up to the elbows
 - Rub hands together for 20 seconds
 - Wash backs of hands, wrists, between fingers, & under fingernails
 - Use a fingernail brush if necessary
 - Rinse hands under warm running water
 - Turn off running water with a paper towel, not bare hands
 - Dry hands with paper towel or air dryer
 - Do not use hand sanitizers in place of hand washing
-

Choking Prevention

Some foods can be made safer:



- Hot dogs
 - Cut lengthwise and then into small pieces



- Whole grapes
 - Cut into quarters



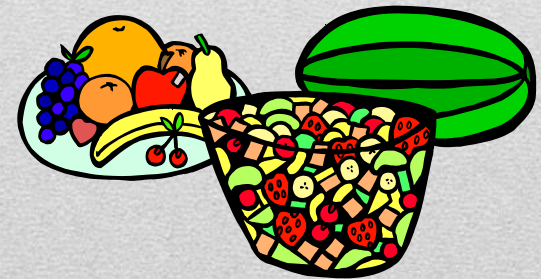
- Raw carrots
 - Cook until slightly soft, then chop finely or cut into thin strips



- Peanut butter
 - Spread thinly on crackers
 - Mix with applesauce and spread thinly on bread
-

Family Style Meal Service Requirements

- Food served from bowls and/or dishes on table
 - At start of meal, all foods on table in amounts large enough to allow full portion size requirement for children & adult(s)
 - Children first offered full required portion of each food. Children can then select additional foods and amounts
 - Adults eat same food at table with children to provide supervision and guidance
- If child refuses to take food at start of meal, the adult should offer the food again during the meal
- Second meals or helpings may **not** be claimed for reimbursement



CACFP Contact directory

Specialist of the day 602-542-8700

- **Phoenix**

- Mandy Quintanar 602-542-1970
- Barb Simington 602-364-0161
- In Hiring Process 602-364-0455
- Leona Benally 602-364-0141
- Carol Foxhoven 602-542-8719
- Michelle Roberts 602-364-2205
- Kenny Barnes 602-364-1070
- Tracey Nissen 602-542-1550
- In Hiring Process 602-542-8716

- **Tucson**

- Elsa Ramirez 520-628-6774
 - Ernie Montana 520-628-6776
 - Suzanne Callor 520-628-6775
-